

HEARTLINE THOUGHTS

Each of us, I think, wants to believe that love is real. And most especially that we are lovable. This is what Heartline addresses. Love is tricky. In our society the word is much used: I love chocolate; two people love each other through 50 years of marriage; Joey (13-years-old) loves Celeste (13-years-old); God loves you. Used in so many ways, "love" loses meaning. One of the men in our group expressed the fear that (before he had engaged in Gateway and knew a bit more what the Monroe Institute was about) we'd be dancing about the crystal at midnight waving pink chiffon scarves! Perhaps the love gods and goddesses would be impressed.

We didn't dance around the crystal. Though the crystal did teach me, help me come to a realization: early in the week, touching it, attempting to learn it, I realized that in spite of rough edges it was beautiful. Later in the week, I thought that maybe because of its rough edges it was beautiful. We all come to private realizations of one sort or another in these quiet holy times apart. But the part of the program which is organized?

In Heartline love is explored in two main ways: through the different focus levels, including the vibration of love--focus 18--and through the group. As in the other programs that the Monroe Institute runs, these exercises are well planned and well executed. No surprise here. The surprise is in the depth of our felt separation from our lovableness and basic goodness and the grief that such separation causes. An exercise in Focus 12 expanded awareness allowed us to go back and experience when we first felt separated so we could heal it. One woman experienced her Mother's love as she was being born, feeling loved by her Mother a first for her, and powerful for her and powerful for the group when she described it. We did chakra exercises, learning more about ourselves (can't love what you don't know). We went to the center of the earth in focus 27 to better understand some of what we are a part. Better than a Roman holiday.

And then there's the group. My group, ten men and six women, six of our number from countries other than the United States, two female leaders, will not be your group, nor can it be, nor should it be. But your group will be your group and very special because of that. We were directed not to share our occupations. Without a work persona we were pushed more to look at, to be, other aspects of who we are. And we found each other to be quite amazing, and ourselves as well, as we allowed ourselves to be ourselves, and allowed ourselves to love each other, in the safety of the group. Certainly, the group was utilized by the leaders for various exercises. For example, we paired off and gave each other a foot massage, learning to give and learning to take, and learning how we both give and take. One of our leaders related how an older woman in one of her Heartline groups had broken into tears during this exercise. She had not been touched in years.

In the Heartline experience one can think of the focus levels (especially focus level 18, the love vibration level) and the group as wombs. Both provide safety, energy for growth, a place and a source of healing and transformation. Away from Robert's Mountain and away from Heartline, our process continues. But meanwhile, we bring back into our ordinary lives some heady happy practical stuff.